

**A child is six times more likely to play a video game on a typical day than to ride a bike.**

- Center for Disease Control

Use these simple tips to direct your child's energy into a lifelong love of physical activity!

## **Set A Good Example**

If you want active kids, be active yourself! Kids ages 6-17 need at least an hour a day of moderate activities, & 3 or more days a week should include vigorous activities such as running or jumping rope. Invite your family to play catch or go for a bike ride. Praise, reward and encourage physical activity.

## **Limit Screen Time**

A surefire way to increase your child's activity level is to limit the number of hours they're allowed to watch TV each day. You might limit screen time – television, video games and computer. The American Academy of Pediatrics recommends no more than one to two hours a day. If your children play video games, opt for those that require movement such as the Wii.

## **Let Your Children Set The Pace**

For many kids, organized sports are a great way to stay fit. But team sports & dance classes aren't the only options. If your child is artistically inclined, take a nature hike to collect leaves & rocks that your child can use to make a collage. If your child likes to read, walk or ride bikes to your local library. Or simply turn on your child's favorite music and dance in the living room.

## **Promote Activity, Not Exercise**

Get your whole family involved in a game of tag or have a jump-rope contest. Try classic movement games like Simon Says or Red Light, Green Light. For your next child's birthday, make it a bowling or swimming party or simply set up relay races in the backyard. Let your child choose each day what they'd like to do. The most important thing about fitness is to keep it FUN!

- Mayo Clinic



### **Fond du Lac YMCA**

The Fond du Lac Family YMCA offers a variety of youth and family programs throughout the year.

Visit

[www.fdlymca.org](http://www.fdlymca.org)

to learn more!